



What is one thing you wish you could do every day for the rest of your life?

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What other activities can you not get enough of? What makes you lose track of time?

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What rituals open your lungs and soften your neck?

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What are you looking forward to in the next six months?

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What are three small things you already do regularly to reinforce your well-being, just because you enjoy them? These can be anything from tap dancing to flossing to calling your best friend on Sundays.

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